

Registration Form

Please Print

Full Name _____

Address _____

City _____

State _____ Zip _____

Grade _____

Telephone() _____

Parents may register by mail by filling out this portion of the brochure. Please include your camp fee and return to the address below. Campers may also register online at groundforcestrength.com/events Send completed registrations to:

Bishop John J. Snyder High School

5001 Samaritan Way



Bishop John J. Snyder High School
5001 Samaritan Way
Jacksonville, FL 32210

Ground Force Strength & Conditioning

*Sponsored by Bishop John J.
Snyder High School*


GROUND FORCE
STRENGTH & CONDITIONING
Step into Excellence.



Why is Strength Training Important?

Strength Training dates back to Greek and Roman times. It has evolved over time with science to shed light on our bodies physical and mental capabilities. When it comes to youth and developing a better body, nothing compares to strength and conditioning.

It serves as a protective mechanism to our tendons. Which happens to be a leading cause amongst high school athletes. Over 70% of ACL injuries were due to a non contact sport. Simply meaning, the knee and surrounding ligaments were weak. It also serves as way for our youth to develop into the physical bodies they want and need to their specific sport. No matter what the sport is strength training helps movements get better!

THE PROGRAM

All Programs are 5 days and are estimated in 2 hours in length.

Program Cost is \$99 for each 1 week program or \$199 for All Access of all weeks offered. *Excluding Baseball.

Program Dates:

Introduction Week (Incoming Freshman to School) 5/28-5/30 from 5:30p-6:30p and 6/1 from 9a 10:30 a

Program Dates :

Baseball Development Program 6/10-8/2 9:00a-11:00a

Camp 1 Soccer 6/10 –6/14 11a-1:00p

Camp 2 Soccer 6/17-6/21 11a-1:00p

Camp 3 Soccer 7/8– 7/12 11a-1:00p

All Payments are made online Major Credit Cards are accepted.

- Weekly Challenges
- Weekly Testing with Metrics
- Intro to Strength Training
- Speed and Agility
- Injury Prevention Education
- Nutrition Education

Putting it all together

Nutrition is the second most over looked categories in youth athletics, next to flexibility in my opinion. I will discuss what types of foods can improve performance and which ones can hinder it. Dietary habits should never stay the same when it comes to athletics. Your programs have periods of growth and so should your diet. When your diet lacks the nutrients your body needs to repair and grow, your workouts will suffer and ultimately so will your performance. Get started this summer with the right plan to get you to the next playing level!

We began Ground Force Strength & Conditioning to inspire and educate athletes ,on how , when and why it is important to exercise with intent and a plan. We focus on athletic development from ages 12 years and beyond. We have a wide range of services and specializations to help the athlete develop and grow.

We hope to see you this summer!!



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